

# KYLE KOTHARI

TeamGB Diver

Journey to Paris Olympics 2024

## The Early years..

Kyle started his sporting life as a gymnast at the age of 3. He was an abnormally active London kid from a Gujarati family who were glad to find Harrow Gymnastics to channel his obvious athletic energy. By 11 years old he had risen to the top 5 nationally, by now already harbouring Gymnastic Olympic aspirations. A horrific elbow injury sustained in a regional championship became the first of many setbacks but little did he know this would be the catalyst for him to pivot to diving. During his rehabilitation he reluctantly agreed to a talent test invitation by Crystal Palace Diving Club. Thousands of kids were auditioned to find that unpolished diamond. Kyle's gymnastics pedigree made him stand out head and shoulders above any other. Over the coming months his parents gradually weaned him off Gymnastics and transitioned him into diving. Suddenly he was fast tracked into the elites when he won both the Nationals Skills and National Age groups then finally Junior Elites in unprecedented time. This meteoric rise qualified him for the Junior Europeans in Italy and somehow he came out of nowhere to win it. This in turn qualified him for the World Juniors in Russia and once again this dark horse managed to medal with only the Chinese above. His gruelling schedule did not stop him maintaining exemplary academic results at Dr Challoner's Grammar School, only able to attend school for 2 hours a day on average with a 4 hour train round trip way from Amersham to Crystal Palace for training each day.



### Watch Kyle at the Paris Olympics

Men's Individual 10 Metre Platform

**Preliminary** Friday 9<sup>th</sup> Aug 9am

**Semi Finals** Saturday 10<sup>th</sup> Aug

**Finals** Saturday 10<sup>th</sup> 2pm

Full TV Coverage on Discovery Plus

Finals TV Coverage on Eurosport and BBC and BBC Iplayer



Follow and Support Kyle Kothari on Instagram - [HERE](#)

## Middle Years....

At the age of 16 Kyle's stock was at his highest and he was being earmarked to be the next diving sensation. Unfortunately, as he had entered the sport relatively late the hours of relentless training and fast tracked development of dive difficulty he had to now attain, finally caught up with his body. He sustained a serious nerve injury in his neck region which basically meant he could not move his arm. After months of slow recovery the injury still was hampering him, and his parents decided to take the risky route and use ground breaking surgery to free his nerve to restore communication to his arm. This put paid to his potential participation in the 2016 Rio Games. Kyle was never one to waste time, he used this period to gain wonderful "A" level results and secure a place at LSE to study Geography with Economics. He once again rebuilt his diving career over the next couple of years managing to get British titles and to medal on the World Grand Prix Circuit albeit with a somewhat restricted dive list due to his previous injury. Disaster struck at the final of a World Grand Prix event in Calgary when he ruptured his left achilles on take off for a 4 ½ sommersault dive. Only specialist surgery with leading edge techniques gave him a slim chance to resume his sporting career. Thankfully, rehabilitation went well and he slowly returned to diving after 12 months and targeted the Tokyo 2020 games. The Covid outbreak completely killed this plan as the Tokyo team were selected from the previous year's nationals. To make matters worse soon after during training he fully ruptured his right achilles. This was the nearly the last straw and he was inconsolable and seriously contemplated quitting the sport. Fortunately, he had secured a six month internship with JP Morgan and after another operation he decided to go another year of rehabilitation one last time. The window of opportunity was closing month by month

## Paris 2024 Build Up...

After the Tokyo Olympics tragedy struck and Kyle lost his friend and young coach David Jenkins to a tragic event. This affected him and the whole team badly and they had to regroup and push on somehow. Kyle once again defied the odds and managed to climb the ladder again with his new coach Alex Rochas. He decided he would give it one more go for Paris 2024, he had used up all his lives, it was now or never. He built his level back up and was selected for the Commonwealth Games for both mixed synchro and synchro events and secured a silver and 4<sup>th</sup>. He was now part of the B team he secured a spot in European Championships in the both these events. This proved to be the catalyst as he won gold in both events. With renewed vigour he trained hard and won the British Nationals which secured him a place on the A team in the World Championships in Tokyo where he duly came 5<sup>th</sup> and secured Team GB a team quota spot in the Paris Games and also a place on the World Cup Circuit.

6<sup>th</sup> at the Doha World Championships and 4<sup>th</sup> in World Cup Series in the lead months to Paris showed he was on the platform where he belonged. Only one obstacle remained, he had to secure a top 2 spot at the British Nationals which were being used as Olympic trials. His whole diving journey rested on this one competition and it showed. The lead up to this competition was stressful and he did not dive well in the final but maintained composure and he dug deep on his final dive and executed it with just enough to give him the second place. Kyle had finally secured his spot for Paris Olympics 2024.

